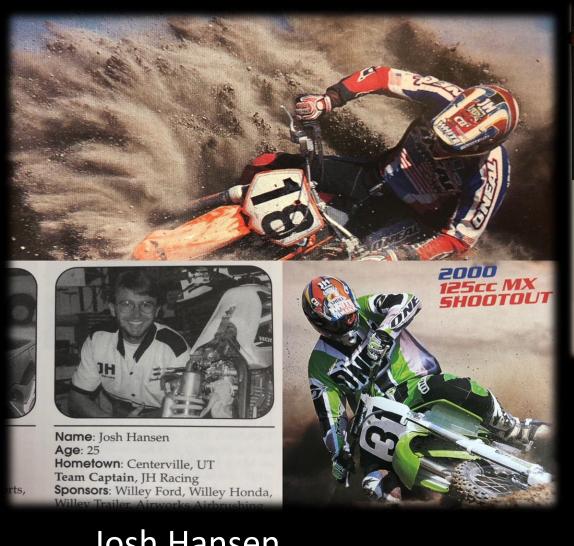
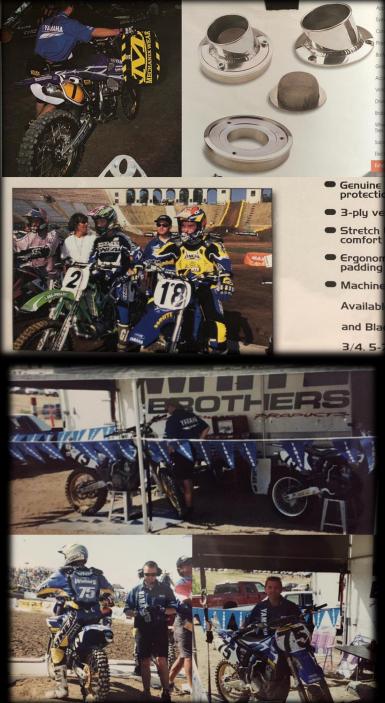
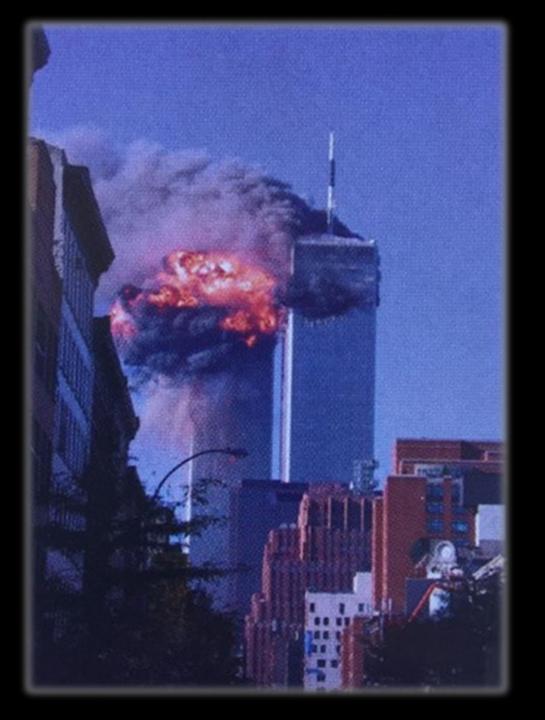


Continue Mission®



Josh Hansen
JH Racing
Owner and Operator
1990 - 2001





9/11



SGT Joshua Hansen US Army (Retired) – Joined the military following the events of 9/11







IED Explosion in Fallujah, Iraq on 25 October 2006





KORTNEY JENSEN

Obituary Ocondolences



Kortney Reese Jensen 1982 ~ 2010
Kortney Reese Jensen, 27, our beloved father, husband, son, brother and dear friend passed away on July 31, 2010.
Kort was born December 1, 1982 to Kelly Jensen and Mary (Church) Heiner.

He married the love of his life and greatest friend Laura Becherini on August 31, 2008 One of the best days of Kort's life was the birth of his first daughter Autumn. He was preparing and looking forward, with great anticipation, to the upcoming birth of his daughter Raven. Kort will always be remembered for his deep compassion for those in need and numerous acts of

SGT Kortney Jensen suffered from Post Traumatic Stress and died by Suicide



Continue Mission was founded in August 2014

Our Mission is to serve Veterans with service connected physical, mental, and emotional injuries. We aim to inspire, empower, and involve Veterans and their families and referred Service Members in recreational and educational programs that promote health and wellness and positive life changing experiences. We are dedicated to raising mental health awareness and taking an active role in suicide prevention.

We invite civilians and communities to join together to support this mission.



Continue Mission serves: Veterans, Service Members, and their families and support members.

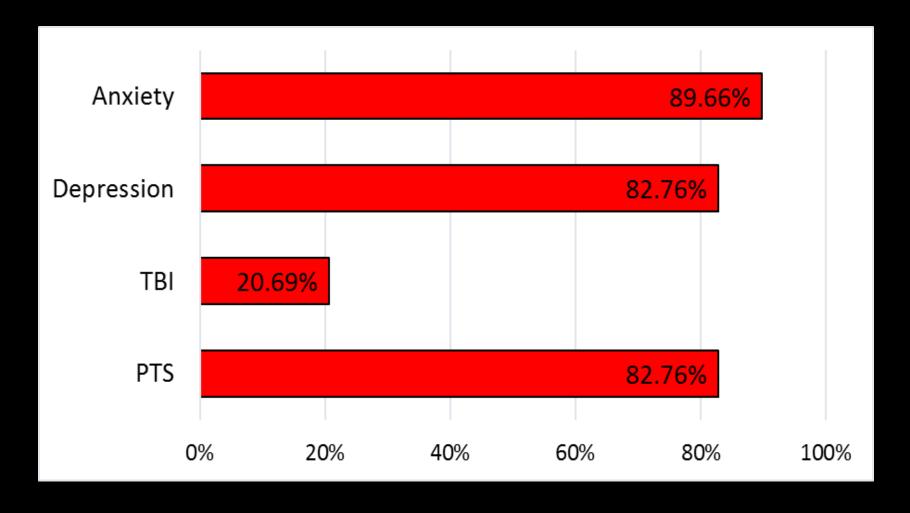
Eligibility for Services

- -Service Connected Injury: physical, mental, and/or emotional
- -Disability rating letter from the VA or a letter of referral from a doctor

Benefit of Services

- -Events held at no cost to registered Veterans or their support members
- -Year round recreational events and opportunities: skiing, cycling, paddle-boarding, family activities, overnight leave, and more
- -Camaraderie amongst like minded brothers and sisters

Percentage of CM Veterans Experiencing Mental Health Symptoms; by Diagnosis



At least 78 out of 112 registered CM Veterans are experiencing Post Traumatic Stress







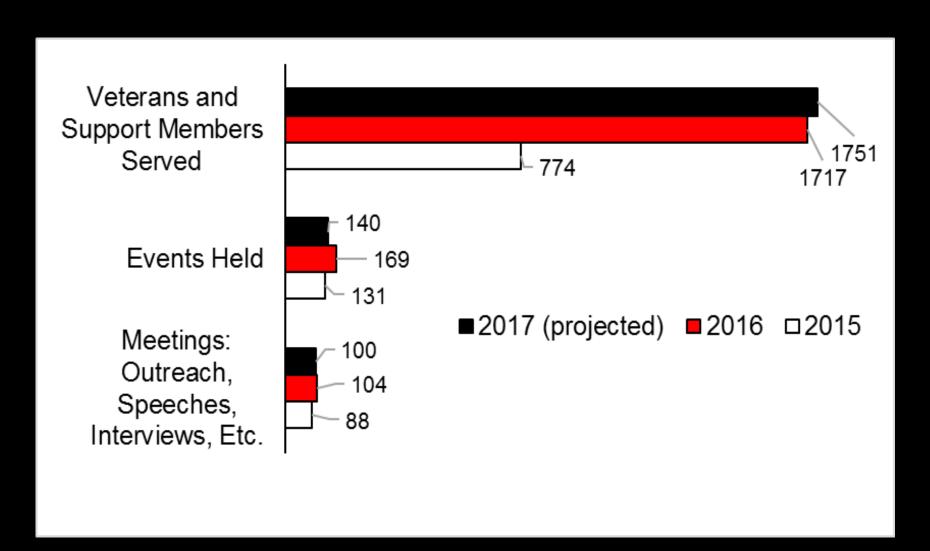
Goals of Continue Mission:

- -Decrease Veteran suicidal ideation
- -Improve Veterans relationships with their family and the community
- -Positively impact Veterans mental health
- -Give Veterans a purpose
- -Provide Veterans opportunities to remove themselves from isolation
- -Provide Veterans with a 'family' to be with and others to support them





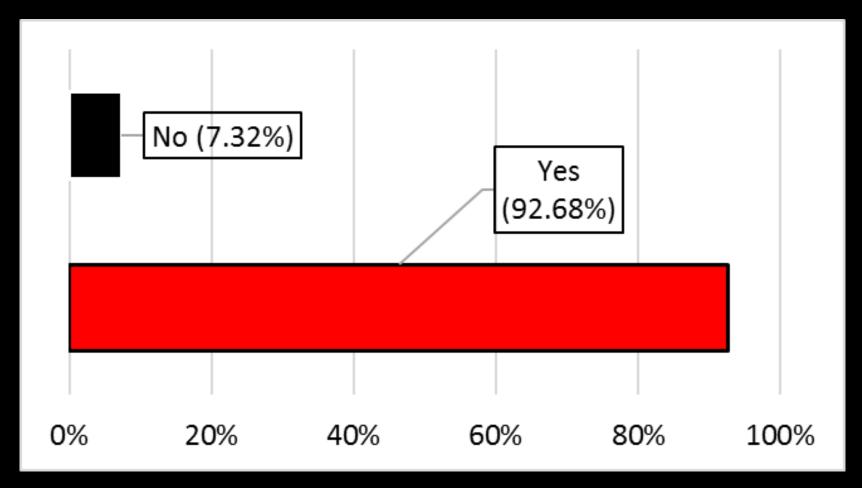
Impact of Continue Mission Veterans Served



In September 2017 our registered CM Veterans were given the opportunity to take part in an impact inquiry.

The objectives in requesting that our Veterans take part in the CM Veterans Impact Inquiry were: 1) To discover the impact CM events have on our Veterans mental health. 2) Determine whether the events provided are successfully reducing thoughts of suicide. 3) To evaluate the importance of including family/support members in events, and the changes in attitude towards civilians. 4) To evaluate the effectiveness of the program in providing the above mentioned. 5) Provide effectiveness results to grantors and donors.

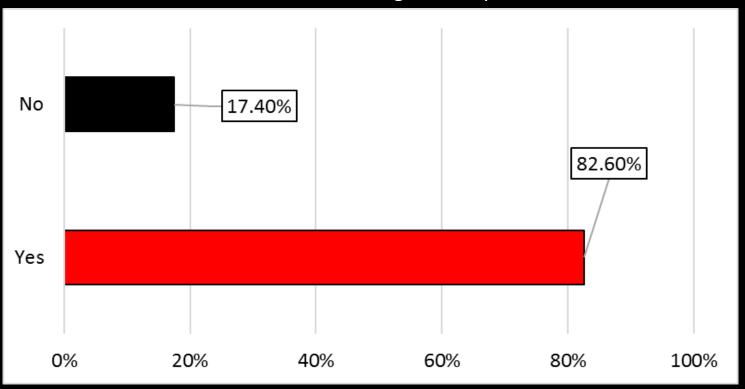
Percentage of CM Veterans Reporting a Positive Impact on their Mental Health because of Participating in Continue Mission Events



Participation in Continue Mission events has had a positive impact on the mental health of 89 Veterans in 2017.

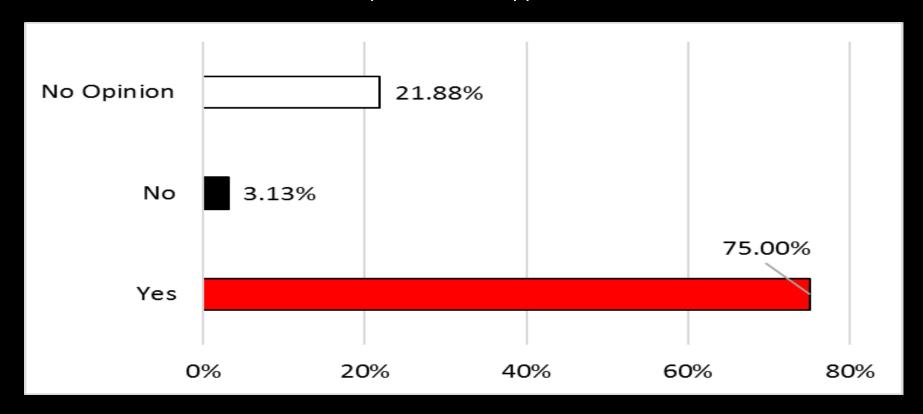
Between 36.54% of CM Veterans have entertained suicidal thoughts in the last year. That is a minimum of 40 CM Veterans with thoughts of suicide in 2017.

Percentage of CM Veterans Whose Suicidal Thoughts of the Last Year Have Decreased Through Participation in CM Events



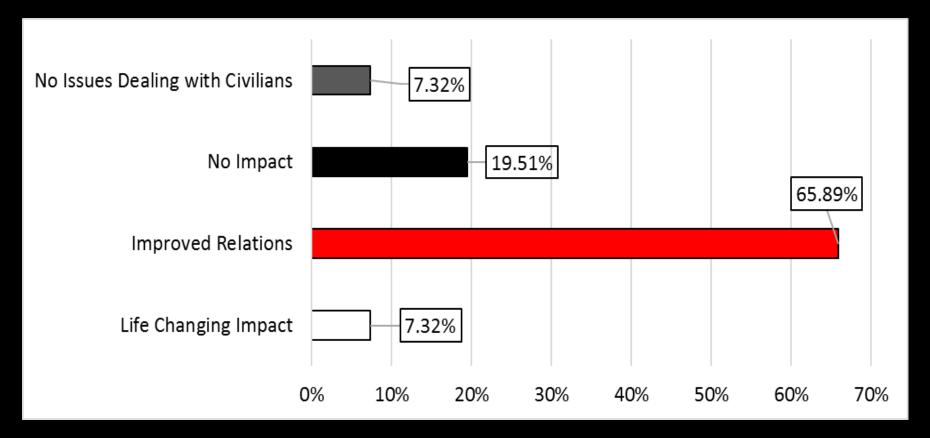
Therefore, at least 28 Veterans have experienced a decrease in suicidal thoughts because of participation in CM events.

Percentage of CM Veterans Reporting an Improved Relationship with their Support Members



Participation in Continue Mission events, with a support member, has had an improved impact on the relationships of 51 CM Veterans in 2017.

Impact of CM Events on CM Veterans' Relationship with Civilians



Through participation in Continue Mission events, at least 68 Veterans have improved their relationship with civilians in 2017.

Impact quotes from Continue Mission Veterans

"Continue Mission has given me a new 'family' to be with and others to help."

Trish Maakestad US Air Force

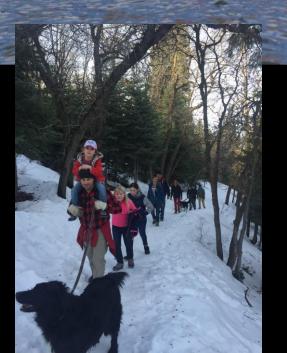
"As an active participant of CM I would like to express my support of the program. During this last year I was separated and divorced, lost a dog, changed my career, was diagnosed with lupus, climbed Mt. Rainier, and participated with CM in road cycling with weekly rides, snowboarding, running trail races, classes for suicide prevention and peer support with other Veteran's in the program. It was truly a year that should have shut me down after all I had been through, but with the support of CM I felt I could get through all these things. CM has changed my life, and helps support Veteran's like myself." Kelly Draper US Navy

"Continue Mission has allowed me an opportunity to get out of the house, shed the shackles of depression that often arise because of my PTSD, and associate with like-minded Veterans who understand me."

Jeffrey Denning US Army









Community programs that CM partnered/affiliated with in 2017:

Davis Behavioral Health

Behavioral/Mental health services for Veterans and their families.

Davis County HELPS Coalition

Suicide awareness and prevention team.

•NAMI Utah (National Alliance on Mental Illness)

Mental illness resources and support. Offers free NAMI Homefront classes for family and loved ones of Veterans.

National Center for Veterans Studies

Research, education, outreach, and advocacy for improving the lives of veterans.

Red Barn Farms

Provides community service opportunities for CM Veterans. Provides support for addiction recovery and mental wellness.

Utah Suicide Prevention Coalition

Suicide awareness and prevention team.

Woods Cross City Community of Promise

Serving the community of Woods Cross



Sergeant Joshua Hansen

US Army (retired)
Continue Mission Co-Founder
(801) 243-2508
jhansen@continuemission.org

Melissa Hansen

Executive Director (801) 560-9889 mhansen@continuemission.org

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